

**ACTIVE DYNAMIC WARM-UP**

15 Minutes	Exercise					
	Pillar Prep <sup>1</sup>	Circuit	Time	Distance		Rest
	<a href="#">Plank on Elbows</a>	3	15 sec.			
	<a href="#">Side Plank (right)</a>	3	15 sec.			
	<a href="#">Bridge</a>	3	15 sec.			
	<a href="#">Side Plank (left)</a>	3	15 sec.			
	Movement Prep	Sets	Time	Distance	Reps	Rest
	<a href="#">World's Greatest Stretch</a>				1	
	<a href="#">Reverse Lunge</a>				6 ea side	
	<a href="#">Lateral Squat</a>				6 ea side	
	<a href="#">PVC Pipes</a>				5 each	

Exercise					
Battle Ropes <sup>2</sup>	Circuits	Time	Distance	Reps	Rest
<a href="#">Alternating Waves</a>	2	30 sec.			30 sec.
<a href="#">Large Waves</a>	2	30 sec.			30 sec.
<a href="#">Power Jacks</a>	2	30 sec.			30 sec.

Note <sup>1</sup>: "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

Note <sup>2</sup>: "Battle Ropes" is a circuit program = (Perform: "Alternating Waves", then "Double Waves", then "Power Jacks". Then repeat circuit.

**ELASTICITY and STRENGTH**

20 Minutes	Exercise					
	Elasticity <sup>3</sup>	Circuits	Time	Distance	Reps	Rest
	<a href="#">H/M/L Medicine Ball</a>	2			10 each	20 sec
	<a href="#">Hurdle Jumps (fwd and Bkwd)</a>	2			8 each	20 sec
	Strength <sup>4</sup>	Circuits	Time	Distance	Reps	Rest
	<a href="#">Alternating DB Press</a>	2-3			8	
	<a href="#">Body Weight Rows</a>	2-3			8	
	<a href="#">DB Straight Leg Deadlift</a>	2-3			8	

Note <sup>3</sup>: "Elasticity" is a circuit program = (Perform: "H/M/L Medicine Ball", then "Hurdle Jumps (forward/backwards)"). Then repeat circuit.

Note <sup>4</sup>: "Strength" is a circuit program = (Perform: "Alternating DB Press", then "Body Weight Rows", then "DB Straight Leg Deadlift"). Then repeat circuit.

DB: Dumbbell

**CONDITIONING**

20 Minutes	Exercise					
	ESD	Sets	Time	Distance	Reps	Rest
	<a href="#">Versa-Climber</a>					
	<a href="#">Tread Mill</a>					
	<a href="#">Cycling</a>					

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
<a href="#">Road Jogging</a>					
<a href="#">Swimming</a>					
<a href="#">Eliptical</a>					

Note: "ESD" is a low and slow intensity, minimal effort, aerobic interval training. Choose 1 exercise modality.

**RECOVERY**

5 Minutes	Exercise					
	Recovery <sup>3</sup>	Sets	Time	Distance	Reps	Rest
	Foam Roller					
	<a href="#">Supine</a>		30 sec.			
	<a href="#">Glutes</a>		30 sec.			
	<a href="#">Hamstring</a>		30 sec.			
	<a href="#">Calves</a>		30 sec.			
	<a href="#">Inner Thigh</a>		30 sec.			
	<a href="#">Chest/Shoulders</a>		30 sec.			
	<a href="#">IT Bands</a>		30 sec.			

Exercise					
Stretches <sup>3</sup>	Sets	Time	Distance	Reps	Rest
<a href="#">Calves and Hamstrings</a>		30 sec.			
<a href="#">Hipflexors and Quads</a>		30 sec.			
<a href="#">Adductors</a>		30 sec.			
<a href="#">Hip Rotation and Posterior</a>		30 sec.			
<a href="#">Bretzel</a>		30 sec.			
<a href="#">90/90 Shoulder</a>		30 sec.			

Note <sup>3</sup>: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.